

Individualised physical education model driven by anthropometric and functionality rates in application to future teachers

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Abstract

The study considers practical experience of an individualised physical education model driven by the students' anthropometric and functionality rates implemented at the premises of Elabuga Institute of Kazan Federal University. Objective of the study was to analyse the effects of the individualised physical education model driven by the students' anthropometric measurements and functionality rates on the future teachers' health. Subject to the study were 204 students majoring in the academic Pedagogical Education discipline. The study generated the following data: HR data; systolic arterial pressure data; vital capacity (VC) data; Ruffier indices; Skibinsky indices; anthropometric measurements (body mass and length); vital indices; and the Apanasenko's health indices. The study data and analyses rated the subjects' respiratory system performance as low. The academic physical education program was updated based on this finding, with a special emphasis on the respiratory system developing physical practices. The updated academic physical education program was proved beneficial as verified by the Study Groups test rates showing a meaningful progress versus the Reference Group ones. The study data demonstrated benefits of the individualised physical education model driven by the students' anthropometric measurements and functionality rates as verified by the students' improved health standards.

Keywords

Differential approach, Future teacher, Morphofunctional characteristics, Physical culture, Physical education

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